

Rancho Santiago College el Don

Volume 62 No.24

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April 3, 1987



TAKING IT ALL IN — Grace Mitchell, chancellor of student affairs and community services, listens to the faculty's concerns over "lack of input."

Lowell Bennink/el Don

el Don, staff receives awards for excellence

by Ruth McGinnis
el Don

RSC's student newspaper, el Don, walked away with 12 top awards for excellence at the Orange County Journalism Conference held at Chapman College on Saturday, March 28, 1987.

The el Don was selected as the best Orange County college/university paper of the year, winning the Register Cup trophy.

Editor-in-Chief of the el Don, Lowell Bennink, was presented with a plaque for outstanding college/university Editor of the Year.

Additional el Don staff members receiving recognition were: John Overall, first and second place for sports writing; Richard Quintana, first and second place for editorial cartooning; Ruth McGinnis, first place for feature writing; Siobhan Wilson, second place for feature writing and Lissa Mitchell, third place for editorial writing.

First and second place for page layout and Best Overall Newspaper awards were also garnered by the el Don staff.

Sponsored by Chapman College and the California Press Women, the competition involved 150+ entries in seven categories from Orange County

high schools, community colleges and universities.

Judges for the entries included representatives from the California Press Women, the Orange County Register and the Los Angeles Times.

Featured speakers at the day-long conference included: Mike Whitehead, assistant managing editor/administration of the Register; Barbara Riegle, KFWB news bureau chief; Lynn Smith and Pat Broeske, Los Angeles Times staff writers; Marge Bitetti, syndicated columnist; Harriet Ellis, freelance fashion writer; Ruth Eddington, sports writer for the Desert Sun and Barbara Horngren, freelance travel writer.

Mitchell responds to Academic Senate

by Paula Martin
el Don

Grace Mitchell, vice chancellor of student affairs and community services, answered questions about her reorganization of the counseling department presented by the Academic Senate at their semi-monthly meeting on March 17.

They were concerned that what happened in the counselor's department could happen to any of them.

In reply to the Faculty Senate's concern over "lack of input" in administrative decisions, Mitchell said "the main reason for not going directly to the counselors and putting it to a general discussion of the counselors as a group was that what I was

going to be doing concerned many personnel matters."

"I didn't feel it was appropriate to discuss personnel matters in a broad forum," Mitchell said.

"I tried to get the counselor's input through their administrators," Mitchell said. "When I hear the concerns they are expressing now, I believe I did get a fairly accurate picture of their concerns. But with all the things I have to consider I don't feel there was very much else I could do in my reorganization."

"I looked at about twenty plans and I put those things together in almost as many ways as I thought there were to do it," Mitchell said. "But

see Input page 2

Eating disorders kill if not treated

by Dolores Seroy
el Don

Penelope, not her real name, has an eating disorder, one that can kill her if it is not treated. Penelope has bulimia. She binges, eats large quantities of food in a short time, and then forces herself to vomit, to keep from gaining weight.

This problem started when she was a student at Foothill High School. She was an honor student, 3.9 GPA, drill team captain, club president and a student body officer. She was a junior volunteer at a local hospital, where she won many awards.

In spite of her successful background, her life was dominated by depression and low self-esteem.

Penelope is now a student at San Diego State University. She is an active leader with outstanding grades, but she still has bulimia. Her parents and

friends do not know she has the disease. She has managed to keep the problem hidden.

Her doctor told her if she didn't get treatment she would die within five years.

According to Santa Ana Hospital Medical Center's treatment program for eating disorders, one out of five people with an eating disorder problem may die, a 20 percent mortality rate.

Anorexia nervosa (undereating), bulimia (overeating and purging) and another form of bulimia, severe obesity (binging) are serious illnesses that will progress without treatment.

People with anorexia nervosa force themselves to lose weight. They have a fear of being fat. Often they are very thin but see themselves as fat. They lose weight through

see Bulimia page 2

INSIDE

BEHIND THE SCENES- Take a look behind the scenery to see who actually runs RSC. See page 2.

AWARD WINNER- el Don's top critic, Kristen Lange, takes a look at the big winner in Monday's Academy Awards, "Platoon." See page 3.

SUPER FIGHT- Ron D'Avis, el Don's award winning columnist, takes on both Hagler and Leonard this week. See page 8.

2 News

el Don - April 3, 1987

Campus Update Behind The Scenes

SPRING FORWARD Don't forget to set your clock ahead one hour on Sunday morning. Yes, it might make your weekend an hour shorter, but at least you won't feel foolish by arriving late to an important class.

HAVING A VISION Craig Schindler will be speaking at the April 8 Speaker's Forum at RSC's Santa Ana and discussing "Visions and Strategies for the 21st Century." The presentation will start at noon and is free.

ART FORUM RSC's Art Forum will be featuring sculptor Steve Shauer on April 8 at noon in room C-104 on the Santa Ana campus. The presentation will start at noon and is free.

FEELING A BIT SHY RSC's community services program will be presenting a class on social shyness from April 9 through 30 in room U-107 on the Santa Ana campus. There is a \$35 fee. For information call (714) 667-3097.

SUMMER JOBS for those studying in the fields of Science, Engineering and/or Mathematics will be offered in an interviewing session on Friday April 10 by Hughes Aircraft in Newport Beach. Full and part-time positions will be available. For an appointment, visit the Job Placement Center on the ground floor of the Johnson Center on the Santa Ana campus.

PARALEGALS RSC's Career Center will be holding a free seminar on paralegals in room U-204 in the Johnson Center on the Santa Ana campus on Monday April 6 from 6 p.m. to 7:30 p.m. For more information, call (714) 667-3050.

PERSONALITIES UNDER GLASS RSC's public service institute will be holding a workshop on "Understanding Personalities." It will take place on April 7 and 9 in the Basement Training room of Great American West at 200 S. Manchester in Orange from 8 a.m. to 11:50 a.m. There is a \$2.50 fee. For more information, call (714) 667-3108.

MAKING A PHONE WORK FOR YOU RSC's public service institute will be holding a workshop on "Telephone Techniques" on April 7 and 8, from 1 p.m. to 4:50 p.m., in the Training room, 5th floor of 20 Civic Center Plaza in Santa Ana. There is a \$2.50 fee. For more information, call (714) 667-3154.

NAME: Michael Petyo

OCCUPATION: Algebra instructor.

EDUCATION: Graduate of California State University, Long Beach.

FAMILY: Married and lives in Irvine.

HOBBIES: He likes hiking, thinking of math problems, listening to music and directing a church choir.

Though Michael Petyo loves tracing the history of Southern California back to the 1880's with his surveying company, his first love is math.

As a part-time instructor on RSC's Orange Campus, Petyo shares his enthusiasm of math with his students, many of whom have not seen a math book in years. Having the patience of a saint with his students, Petyo adds brain teasers to his normal lessons. But he becomes serious when it comes to understanding algebraic concepts.

Petyo believes that all people have the capability to live in peace, a complex statement that may be hard to accomplish. A peaceful environment, Petyo said, is necessary for both present and future generations.

Bulimia: A manifestation of an eating disorder

from page 1

fasting, purging and excessive exercise.

Food dominates the lives of those who have bulimia. They eat large quantities of food in a short period of time. They eat alone, in secret. After gorging, they force vomiting or take laxatives to control weight gain.

Another form of bulimia is morbid obesity. These people

binge during meals and between meals. Food becomes an emotional outlet, a way to manage stress. Excess weight isolates them from interaction with others.

All three groups suffer from low self-esteem.

According to the *Psych Review*, a publication of Brea Hospital Neuropsychiatric Center, anorexia nervosa means "nervous loss of appetite." The term is a misnomer since anorexics do not lose their appetite. They

with beauty. Some see the women's movement as a contributor also, because it stresses high achievement and "being something." This can overburden some adolescents.

According to Kathy Clark R.N., in the student health center, treatment usually requires the patient to be admitted to the hospital for a period of 12 weeks with follow up outpatient treatment.

"This can be very expensive, but most treatment centers will help the patient get financial

Input: Administration listens to faculty

from page 1

there's always more.

"The reason I'm reorganizing," said Mitchell, "is to try to balance the load among the various units so we can develop strong programs for students."

"My view of the decision making process is having a good sound structure," Mitchell said. "Committees where the faculty is well represented, deliberating the issues, and making their recommendations, and at that point then there's a decision that's made."

Mitchell said that it has to be

determined what "input" means and what being "listened to" means.

"Does 'listened to' mean, you do as they say?" Mitchell said, "or does 'listened to' mean, you gather the input, put it all into a boiler with all the other elements and make a decision?"

"I feel very strongly that faculty should have a strong part in the process that leads toward decision making," Mitchell said. "The question is, 'Who makes the decision after

all that input is gathered?' I believe that is my responsibility."

Mitchell said the balance between faculty and their "input" and the administrators and their responsibility comes as both sides strive for a spirit of equality, a respect for and a listening to each other in the decision making process.

Mitchell has met with the counselors several times to discuss their grievances and to hear their ideas and is planning to meet and consider their suggestions further.

(The women's movement) stress-

es . . . "being something."

may have severe hunger pains, but their extreme fear of gaining weight will dominate their eating habits.

Some anorexics lose their weight by going on binges and then vomiting or using laxatives and enemas. Others are non-eaters, who may consider eating three leaves of lettuce in one day as excessive, even though they may exercise extensively. Their lives revolve around food.

Victims of anorexia nervosa are the "good kids" who are often bright students who never gave their parents any trouble. Approximately 90 percent of the anorexics are females, and the disorder often strikes at puberty.

Many medical experts believe that the disease is on the increase, fueled by a culture in which thinness is synonymous

assistant if needed," Clark said.

"Eating disorders have taken a back seat to AIDS (Acquired Immune Deficiency Syndrome), but I feel eating disorders are more wide spread than we think," said Clark.

Some of the symptoms are: Obsession with weight, loss or gain, vomiting, taking laxatives or diuretics to control weight, secretly eating, hiding food, feeling helpless, worried and depressed.

Lectures on eating disorders are given at Santa Ana Hospital Medical Center on the second and last Thursday of each month. There is a \$5 charge for the lecture. For reservations and information call 554-1601.

Also, information about the disease and treatment centers can be obtained at the Student Health Center.

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el Don - April 3, 1987

Justifying tears for the reality of Vietnam

by Kristen Lange
el Don

It is hard to justify tears shed for a movie.

When we were young, our parents would comfort us by saying that it was make believe.

So, when Bogart left Bergman in "Casablanca" and Scarlett swore to return to Tara in "Gone With The Wind", we felt a bit silly to snuffle and let the tears stream down.

But when the movie is depicting a time in our country's life, a time when the United States was in turmoil and sorrow, when the movie is "Platoon" there is no reason to try to justify the tears.

Oliver Stone has not made a piece of shallow, murderous celluloid, but a visual aid to what nobody wanted to know about and what we had to learn about as children growing up in the wake of Hell.

To sit in a theater and watch the horror of the men and women who lived the Vietnam war, as well as those who weren't allowed to live, is too much for any words to describe.

It was such a relief to leave that room that was so full of their reality and go back to our own.

There were no good guys and there were no bad guys, it just depended on which side of the line you came from.

Watching the soldiers go crazy with the unknown, to kill men, women and children who looked so innocent yet had the potential of being so evil and murderous was gruesome and awakening at the same time.

How can a person remain calm and clear-headed when the enemy isn't there?

One aspect of "Platoon" is that the story was told from the American soldiers point of view, and everything that was shown on screen was the horror of what some of those soldiers did to the Vietnamese.

Yet, what we seemed to forget at the time was that the Vietcong was an unseen enemy, stemming from the very roots of the ground to the very top of the trees.

They came in the form of children, men, women, old people, boxes with hidden triggers.

I defy anyone to try to face the unknown and not go completely mad, try to watch friends and fellow soldiers as well as the innocent shred to pieces.

And part the war was fought within the companies

themselves.

As Stone depicts in his movie, civil wars broke out among the "boys over seas."

There were the ones that wanted nothing but the blood of the people they were fighting. Others just wanted to find what they could that belonged to the enemy and win. None of them wanted to die. Nobody ever does.

Each of them knew that they shouldn't have been there in the first place and all of them were terrified.

Stone said that many of the men treated the new recruits as if they were an enigma, they hadn't been through the hell, so they were the ones that should go first. But the ones who went first were the luckiest.

Animosity seems to have been the worst terror of all during the war. Nobody cared who you were at first, and it was frightening to think of being forgotten.

This is a movie that should be seen by all, no matter what the age or the origin, because it is a chance to learn.

For those that went over there to Viet Nam, it is a chance to remember and be proud for surviving.

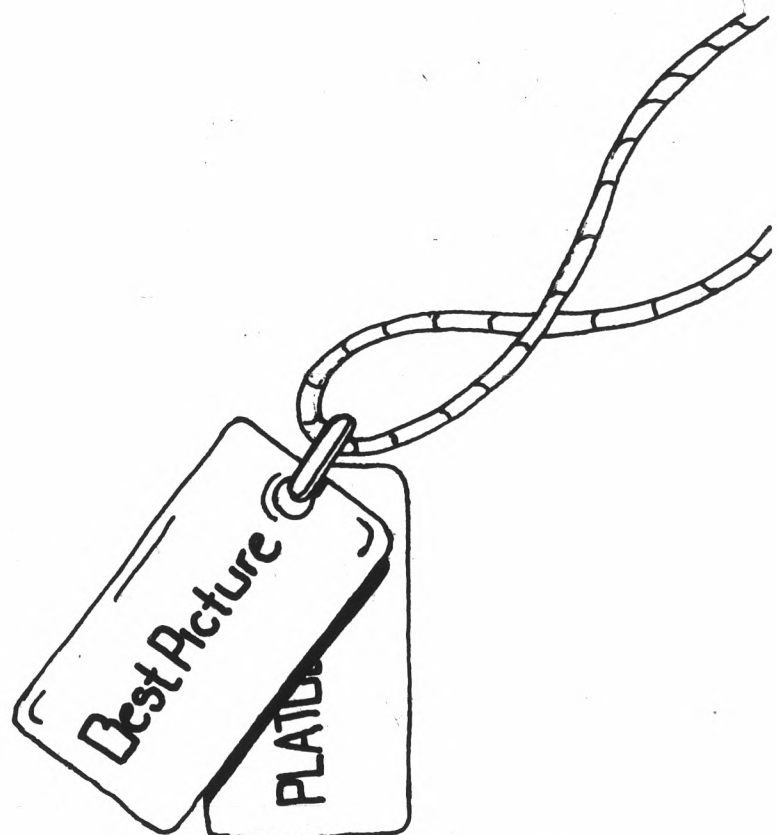
For those who stayed home, it

is a chance to forgive.

For those who have been born since, it is a chance to learn and never forget, to keep in mind that it should never happen again.

Stone has, with the help of

William Dafoe, Tom Berenger, Charlie Sheen, and many, many other fine actors, set the world up to look in the mirror and see the mistake in its face, and perhaps he has given us the gift of realization.



L. Minute

1987 ASB Elections

Spark the Spirit



Michael Jones

ON YOUR BALLOT FOR ASB
PRESIDENT

Qualifications include:
-Senate Pro Tem
-Chair Finance Committee
-V.P. Alpha Gamma Sigma
-Student Representative
-Faculty Evaluation and
Grading Panels.



ELECTION TIMES AND DATES

From 9 a.m. to 1 p.m. and from 6 p.m. to 8 p.m. on
Wednesday April 8, 1987 and Thursday April 9,
1987.

From 9 a.m. to 1 p.m. only on Friday April 10,
1987.

Poll Location:
East balcony, Johnson Center under stairways.



Conrad Diaz

2 ON YOUR BALLOT FOR ASB
V. PRESIDENT

Qualifications include:
-ASB Senator.
-Chairman of Activities.
-Student representative on
the AIDS committee. Advertising
committee. Faculty Evaluation
Panel.

Minimum wage for minimum living

There is finally a bill in Congress, sponsored primarily by Senator Ted Kennedy, that will raise the minimum wage from its current rate of \$3.35 an hour to \$4.65 over the course of a few years. The bill, as it stands, would allow the minimum wage to rise at a proportion of the cost-of-living index each year after.

Someone finally became smart and realized that anyone working for the truly mini wage of \$3.35 for 40 hours a week, 52 weeks a year, their yearly income would be under \$7000 per year. Leaving them far below the poverty level.

With the new law in complete effect, the minimum wage earned in an average work year approaches \$10,000. The minimum wage would once again become what it was intended as; the minimum amount someone could earn and still be able to live.

Unfortunately, the bill appears to have little chance of becoming law. People complain that raising the minimum wage would cause there to be fewer jobs. Others do not believe that young people are worth that *lofty* of a wage. Both arguments are inane.

It is hard to believe that many businesses could not afford to give employees a \$1.30 an hour raise. At \$4.65, businesses would still be getting off inexpensively for the type of work being done.

Seniority would not likely come into play at the minimum wage level. Yet President Ronald Reagan supports a standard that would have set a minimum wage for young people at close to \$2.50.

Money is the biggest incentive for working at this level. If the incentive is taken away from young people, it is sure they would do very little work worthy of over \$2.50 an hour. In the end, a lower wage would hurt everyone.

El Don supports Sen. Kennedy's bill completely. But it must pass as it stands, allowing everyone to be covered by the higher minimum wage. If anyone is omitted from the bill, some people would be able to take more home in their wallet while another portion of the population would be short-changed.



Molotov cocktail throwing proposed for new Olympics



Lowell Bennink

Times have changed over the years, but the Olympics have not. Until now. So, if I may be so bold, allow me to announce what events will be included in future gatherings.

Auto Driving- Mexicans, Italians and French will have the definite advantage here. The many subdivisions of this event will include: Rush Hour Marathon, Early Morning Sprint

and Mid-Day Stunt Driving. Dark horse country: United States.

Politics- Americans and other Free World countries should handily beat out the Communist nations, simply because Communists have no real politics. Events include: Filibustering, Mud-slinging, Continuous Lying and Strategic Diplomacy.

Television Journalism- Americans (led by Sam Donaldson) and Canadians should be neck and neck here, but don't count out the British. Events include: Stampeding, The 100-yard Camera Sprint, Wire Untangling and Meanest Spirited Question Relay.

Terrorism- Libya, the PLO and Ireland should get the medals, but the US will have a strong

showing with the Weathermen. Events will include: Long Distance Sniper Fire, Molotov Cocktail Tossing, Team Airplane Hijacking and Quickest Reassembling of a Nuclear Weapon.

Money Spending- The US should have a very slight advantage over the USSR. Events include: Money Dumping, Mass Loan Defaulting, Deficit Spending and Hole Digging.

Skateboarding- Air-headed California teens with nothing better to do should sweep this event. Subdivisions include: Ugliest Skateboard and Dumbest Moves.

Awards- This star-studded event should be close from all countries, with the UK and US probably vying for the top.

Events include: Marathon Acceptance Speech, Stupidest Thank-you's and the Take the Trophy and Run Relays and Sprints.

Crowds- The US will have serious competition from Europe, especially Britain. Events will include: Crowd Fights, Bathroom Relay Dash, Waving For Speed, Rhythmic Waving and Timed Perverse Chanting.

The New Decathlon- This event is wide open. Events include: Flying Off the Handle, Jumping To Conclusions, Mud Slinging, Carrying a Grudge, Washing Hands to a Matter, Hitting the Roof, Shooting the Bull, Throwing a Fit, Weighing the Options and Running Away From the Truth.

el Don - April 3, 1987

Opinion 5

Letters to the Editor

Since when is taking a life based on numbers?

In the March 20, 1987 issue, an anonymous pro-choice advocate on abortion questioned an article by Kathy Speakman who said, "let us consider adoption, not abortion." This anonymous article requires some serious examination in regards to minorities, government, morality, and individual responsibility.

This anonymous person asks, Is the death of both human and fetus preferable to legal abortion? Granted, if abortion was illegal, poor women could die from malpracticing doctors behind closed doors while the rich get professional abortions. Is this injustice? No. U.S. law will prosecute the rich as well as the poor. The poor can get away with secret abortion as well as the rich. The real injustice is the preference of the death of a fetus (the real victim) over both the mother and the fetus. In other words, the death of a fetus is right, but the death of both is wrong. Since when is taking a life based on numbers?

This anonymous person says, "the problem is that the government and an extremely vocal conservative minority is trying to deal with the problem of unwanted pregnancy in a short-sighted and unrealistic manner." It surprises me that a cry for the minority wants a government, which has provided much gain for the minority, to suddenly deprive an "extremely vocal conservative minority" their rights. Back in the mid 1960's this conservative minority remained silent and refused to get involved in society. In the meantime, the demand and obsession and money, freedom, health, wealth, education, rights, and opportunities coincided with the abundance of pain and suffering as a result of the growing acceptance of divorce, drugs, law suits, homosexuality, pornography, hypocrisy, seduction, slander, greed, lies, unfaithfulness, hate and injustice. It is real sad to here this person to accuse the government of "determining who will have an abortion and who will not"

when this person wants to determine who will live and who will not. This person says, "this is the first step in allowing government to legislate morality, in direct violation of church and state." This seems to prefer a government that allows for immorality to exist, let alone inequality among 'certain' minorities. It makes me think about a notorious historical figure who did not legislate morality and decided to exterminate a religious minority he did not like.

The real problem are individuals who are irresponsible and hypocritical. As a minority myself (financially), I should not be rewarded (financially or otherwise) for my own irresponsibility or laziness. It is wrong to always blame someone else for consequences which one has brought upon themselves. It is wrong to think being a minority is bad, degrading, and unproductive. I am not ashamed of working at nonprestigious jobs. I can go to any library to read and study books. I can read a book on the U.S. Constitution on the first Amendment which says, "Congress shall make no law respecting the establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech or of the

press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances." No where does it forbid legislating morality. It does not contain the words "separation of church and state." To say it does is a lie and misleads many many people who listen to heresay.

In all fairness to this person, hopefully, life is difficult, confusing, and frustrating, especially for the minority. Failures go unforgiven by friends, family, clubs, government, employers, fellow workers, teachers, students, religious hypocrites, you name it. Confession with sorrow may be turned away by those who are too arrogant to confess their own failures. Jesus stood up for a harlot in front of the religious Pharisees, then privately told her to go and sin no more. I guess if we should ask for anything, it should be God's forgiveness and a brand new start, trusting in His patience, kindness, and forbearance in order to live a life of responsibility and purpose.
Dale Richardson

Editor's Note: el Don regrets that Jason Lamm's name was left off the bottom of his Letter to the Editor; it was an error beyond our control. This is the last letter on this subject that we will accept.

Drawing parallels between RSC, US administration

Dear el Don:

It's interesting to note the similarities between your articles on our college's financial and administrative problems and our government's troubles with the Iran-Contra affair (March 13, 1987). The college administration's mismanagement of funds and failure to consult with the faculty parallels President Reagan's mismanagement and his failure to consult with his top advisors. Dean Brunell's minimizing, "the hiring freeze is not as bad as it seems", reminds me of White House statements back in November that tried to slight the Iran deal. Do you remember "These modest deliveries, taken together, could easily fit into a single cargo plane"? The el Don quotes Robert Matthew as saying "The

last thing we want to do is inhibit learning" in one article and reports in another on the same page "a decision was made to cut class offerings from the projected schedule because the budget would not cover all the classes" makes me think of Reagan emphatically saying that we did not trade arms for hostages when it was plain for all to see that in fact he had. The question of the legality of the arms deal echoes the district's "questionable ability of comply with the 50 percent law". There seems to be one difference though. At least Reagan has finally admitted that mistakes were made and that he holds himself accountable. I have yet to hear any similar statement from our college administration.

Brian K. Harpster



6 Sports

el Don - April 3, 1987

Vaulting toward a championship

Fisher leaps into record book: 15'8"

by Lynette Martinolich
el Don

Predicted to end their season in third place, the RSC mens track team upset the heavily favored Saddleback Guachos and the Orange Coast Pirates to win the Orange Empire Conference dual meet championship.

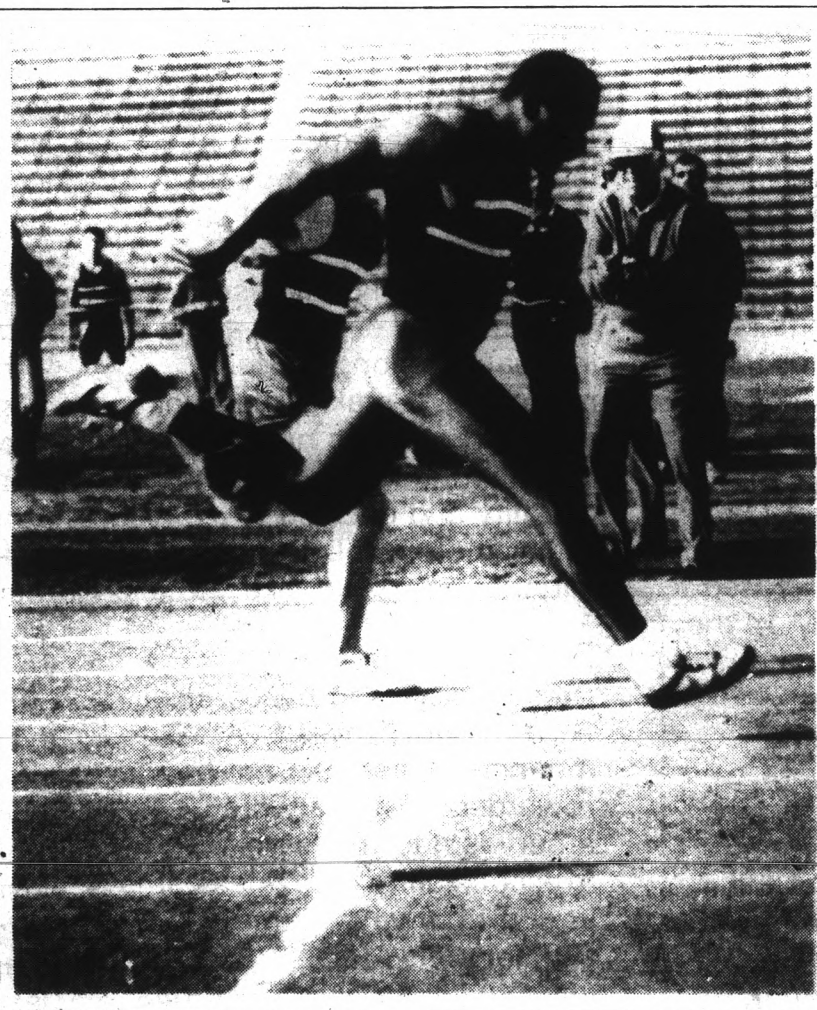
Ending their season with a 5-0 record, the Dons came up on top and took the title with their last victory over Orange Coast, 77-63.

"We were favored to end in third, but we did above and beyond what was expected," said coach Al Siddons.

Brian Fisher, one of RSC's top field event specialists went higher individually and broke the school record in the pole-vault by reaching a new height of 15'8", a record that has stood since 1965 by Ed Ellett.

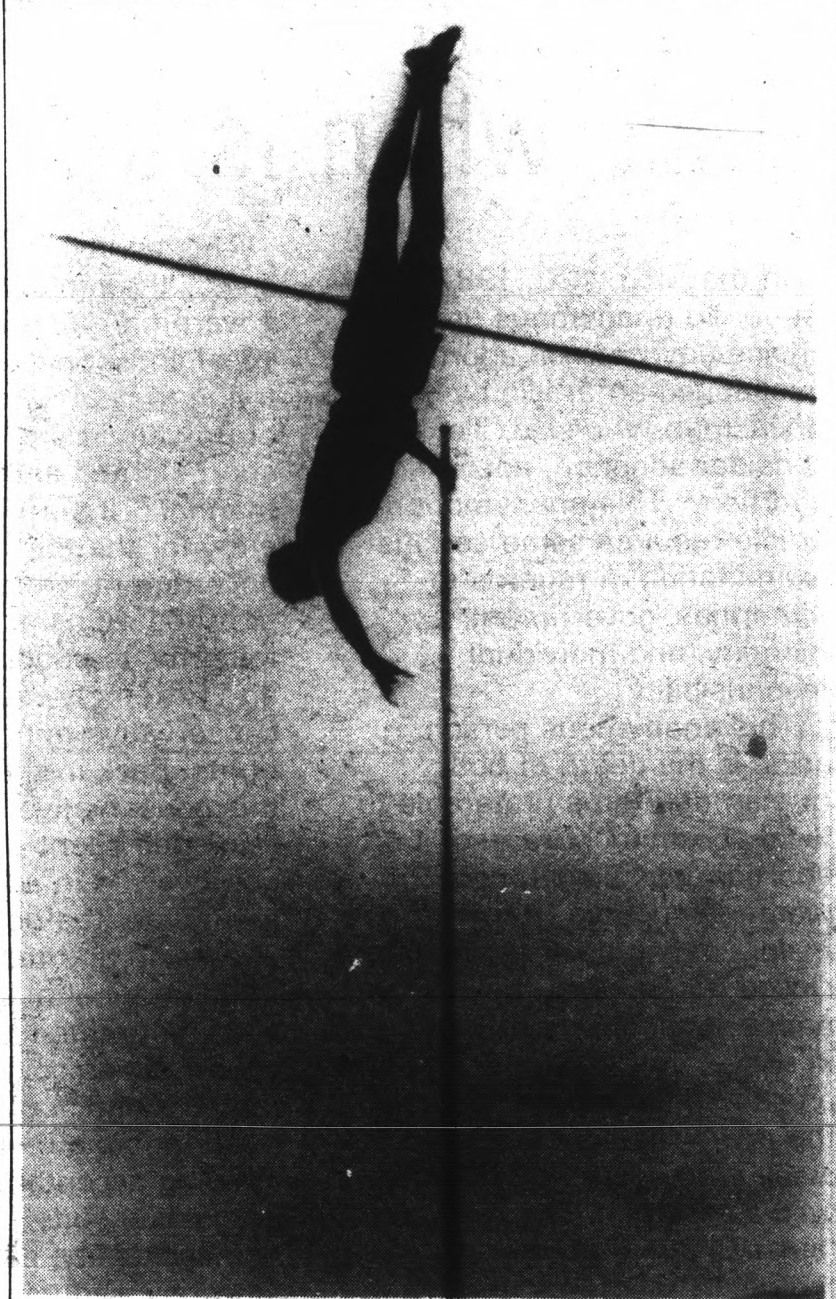
Cleveland Adams, a sophomore at RSC, ran a :10.6 100 meter race and a :21.6 200 meter race against OCC, which edged the Dons even closer to winning the league title.

The Dons now will go on and participate in the OEC Championships as the number one seed.



Smith cruises to a 100-meter victory.

James E. Ray/el Don



RECORD HEIGHT — Brian Fisher breaks RSC's pole vault record with a 15'8" jump.

James E. Ray/el Don

10,000 hours under the sea

by Michael Vallejo
el Don

Splash!

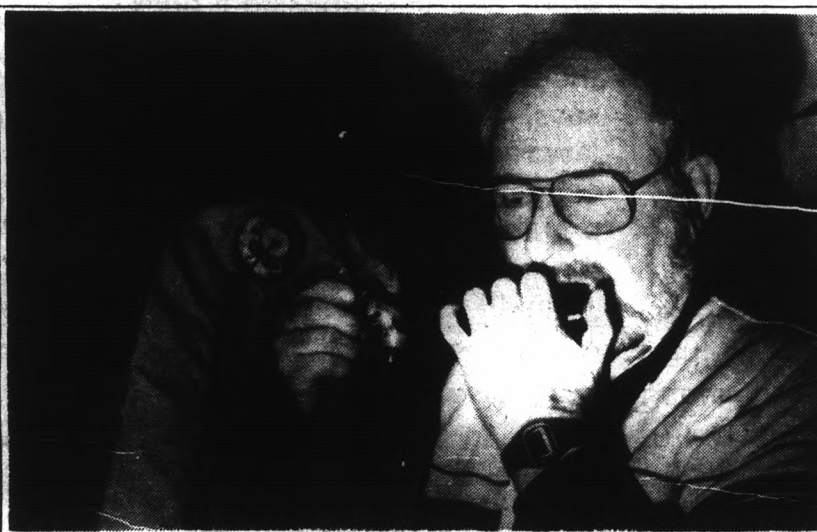
In an instant your body is submerged into a crystal blue world of weightlessness. A sensation that can be compared to no other. Slowly and freely you soar above the reef below. A reef which has been brightly painted by a brilliant array of ocean life.

For John Reseck, Jr., the sensation of the ocean has been his life for over 44 years. The 52 year old scuba diver has spent over 10,000 hours underwater.

"You don't have time for me to make a list," he said in reference to all the bodies of water in which he has dove.

Reseck is world renowned and has dove in waters all over the globe. Some of his dives include places such as Hawaii, Florida, British Columbia, the Caribbean, the Antarctic, and most of the waters off the North American coast.

"Each spot is good for something," Reseck explained, "and I enjoy myself most in warm, clear water, which would be the Caribbean."



Drue Holthe/el Don

Reseck started diving in 1942 and started "scuba" diving in 1950.

"When I was somewhere around seven or eight years old I started swimming, and my dad was a fisherman. So while he was fishing, I would go out and pull things out of the tide pools and so forth. Pretty soon I was swimming out there, pulling things from under rocks. All of a sudden I was a diver!" Reseck said.

From 1953 to 1955 Reseck competed on the United States Diving Team. In order to be on the team Reseck had to meet

requirements such as being able to dive to a depth of 120 feet free diving and having the ability to hold his breath for three minutes. There was also a required two hour water workout seven days a week.

Every year, the team competed in an international spear fishing competition. They placed third in his first year and fifth during his last.

It was also in the early 1950's that Reseck began commercial diving. Under the direction of Al Hanson, Reseck's work mainly consisted of commercial diving maintenance off the coast of

Catalina. It was during this time that he recalled one of his most dangerous experience while diving.

"I was diving, not in scuba gear, but hard hat gear. For commercial diving it was the old John Wayne type suits that you see in the movies, the old navy suit. I got myself turned upside down. I inverted and all the air went to my feet. There was water in the suit and the water filled up my helmet. That was probably the closest I ever had come, and I did manage to get myself turned over just in time so I could breathe again. We didn't have scuba gear at that time," Reseck said.

On a grant given to him by the National Science Foundation Reseck joined a biological expedition to the Antarctic in 1958. The expedition consisted of four biologist and 150 military men. It was here that Reseck became the first man to dive under the Antarctic ice shelf. He was lowered by an A-frame pulley system through a narrow hole in the ice and into the water. Wearing nothing but a wet suit and a glove-type latex dry suit, he swam by inhaling the air bubbles that had gathered under the ice with the use of a snorkel. His dive was cut short when a giant Wadel Seal decided to give him a

friendly visit while Reseck was breathing out of an eight foot air bubble.

"Man, those seals have bad breath, let me tell you," he laughed.

Reseck joined the National Association of Underwater Instructors (NAUI) in 1966, and is currently on the board of advisors. NAUI, an international association founded in 1961, now consists of over 4,000 instructors.

The veteran diver has written two books, "Scuba, Safe and Simple," and "Marine Biology," both of which have sold very well. Both books are sold nation-wide and in foreign countries. "Marine Biology," Reseck's latest book, has become the official state text for Florida, Texas, North and South Carolina and Georgia, in addition to selling over 80,000 copies.

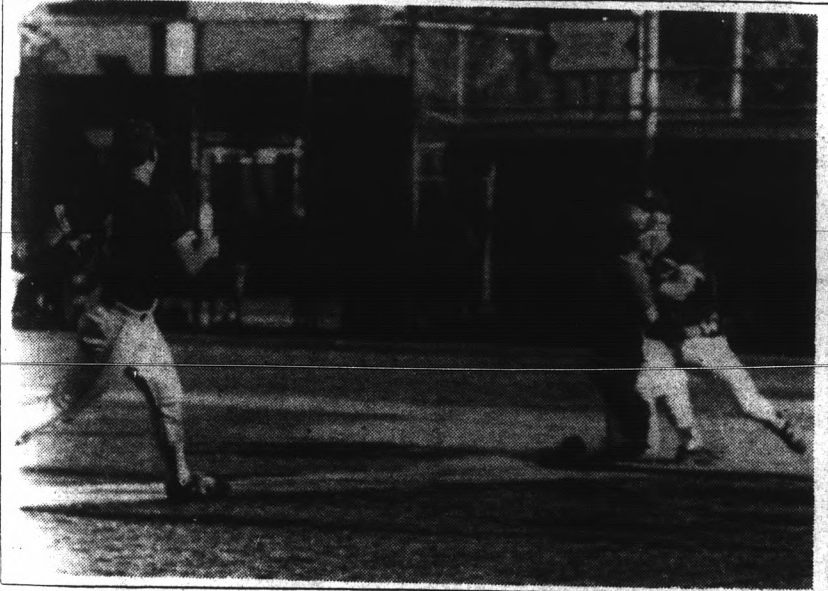
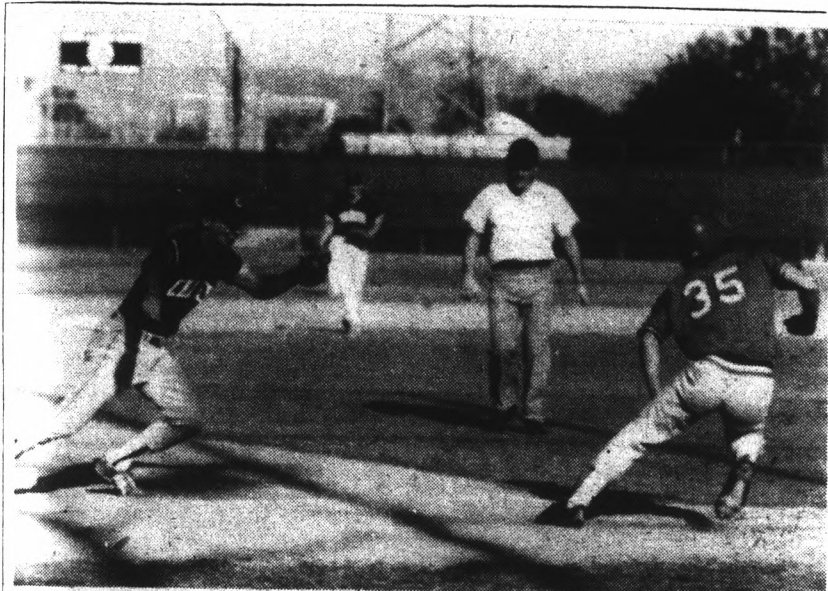
Reseck has taught at RSC since 1966, instructing courses in Marine Biology, Self Defense and Scuba.

Reseck added, "I enjoy teaching a great deal. In fact, I can't think of anything else that I would like to do better. There is an old saying that goes, 'In order to be a success, a man must make his work play, and play all day.'" He laughed, "That's what I try to do."

PICKLE
losing
home
Sp
Tues. Ap
Women's
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Sports 7

Dons streak to six straight



by Michael Vallejo
el Don

In their quest for the regional play-offs, the Dons have once again proven successful. On Saturday, March 28 RSC's baseball team marked their sixth straight league game win with a 3-1 victory over the Cypress College Chargers.

"Cypress is hungry, they're looking for us," second baseman Scott Swearingen said. "We've beaten them two games in a row. Once was pretty lopsided and the second time last Saturday they were threatening in the ninth inning. They're going to be coming at us. We can't be too complacent with them just because we've beaten them two games in a row."

"Every team's tough," third baseman Dave Kirkpatrick said. "We just have to go out and do the best we can, then we can beat anybody."

With twelve league games left, the chances of making it to the regional play-offs are still uncertain, but with the help of players such as Brent Reese and Rich Gonzales, the Dons' chances are looking better and better.

First baseman Brent Reese, hitting .433, has hit seven home runs and has a .562 on-base average. Rich Gonzales, RSC's designated hitter and relief pitcher, has hit .511. After appearing in seven games, Gonzales has posted a 2.57 ERA.

"There's a new hero each game," said RSC baseball

coach Don Sneddon. "It's not one guy carrying his club, it seems it's been pretty much of a club effort. Every game produces a new hero."

Saturday, April 4 at 2:30 p.m. the Dons will play a home game against the Riverside College Tigers.

"I think right now (the Dons) are the team to beat in the conference," said Riverside City College baseball coach, Tim Brown. "(But) we feel we have more of an advantage in our ball field than in theirs. They haven't seen one of our harder pitchers, and won't until Saturday."

"Riverside is capable of beating anybody," Swearingen said. "The first time we played them it was pretty average. They have a couple of good pitchers. It's not going to be an easy game at all against them, so we're going to have to play our type of game to win."

Terry Bales pinch hits for speakers forum

by John Overall
el Don

On Friday, March 27, the Speaker's Forum was dealt a big blow. Rosalie Brown was scheduled to speak on Dream Analysis but was unable to make it to RSC.

Speakers Forum Moderator, Dave Robertson, needed a pinch-hitter to stand in for Brown. Robertson looked to the end of his bench and called Terry Bales' number.

Bales stepped up to the podium before an enthusiastic sports crowd of nearly 85 students to talk about the ever-changing world of sports coverage and promptly hit one long and deep.

Covering major sports, ranging from the Los Angeles Kings and the California Angels to the Los Angeles Rams, Football and Los Angeles

Lakers, Bales has seen many changes in the way the media covers sporting events.

Bales credits most of these changes to the electronic media of television.

"Years ago a writer would recreate the game in the morning paper, now a sports fan can see all the highlights on the 11 o'clock news," Bales said.

According to Bales, the sportswriters of today must tell a different story. Instead of who won and how they won a writer must tell why a team or player did what they are doing.

Quotes are possibly the most important part of a sports story and Bales shared some of his favorites, but his personal feelings brought more chuckles from the crowd.

Quotes like "T.V. reporters ask marshmallow questions" and "Not all the hanky panky is

going on in Washington or with the T.V. evangelists," shows that although Bales is a professional journalist he doesn't take himself or his career too seriously.

With a love for history and sports, Bales proved to be a master at sports trivia and kept the crowd informed as well as entertained.

"My favorite sport is watching the drunks try to find their cars after a game," Bales said.

It seems only appropriate to sign off the same way Bales did, with one of the most famous quotes in sporting history, "When the great score comes to write against your name, it matters not whether you won or lost, but how you played the game."

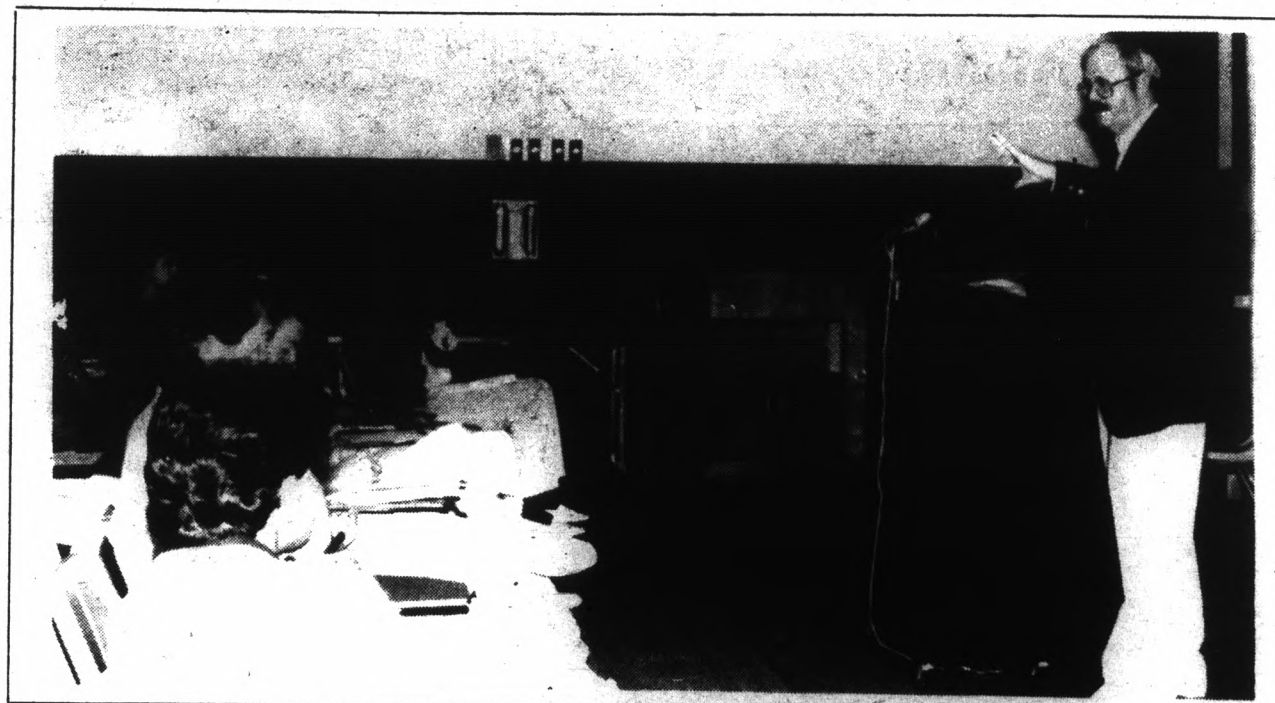
Look it up.

PICKLED — An RSC player finds himself on the losing end of a rundown between third and home against Cypress.

Drue Holthe/el Don

Sports calendar

Tues. April 7,
Women's tennis at Cypress, 2 p.m.
Men's tennis vs. Cypress, 2 p.m.
Track- Decathlon and Heptathlon Trials at Orange Coast (through Wednesday)
Baseball vs. Orange Coast, 2:30 p.m.
Wed. April 8,
Golf- vs. Fullerton, SDMC and Citrus at SDMC 11:30 a.m.
Softball vs. Saddleback, 3 p.m.
Baseball at Orange Coast, 2:30 p.m.
Thurs. April 9,
Swimming vs. Saddleback and San Diego at Saddleback, 2 p.m.
Women's tennis vs. Marymount, 2 p.m.
Track- at the San Jose Tournament (through Friday)
Fri. April 10,
Softball vs. Orange Coast, 3 p.m.
Sat. April 11,
Men's tennis vs. College of the Desert at Palm Springs, 9 a.m.
Baseball at Saddleback, 12 p.m.
Sun. April 12,
Softball- Sequoia Invitational at Visalia (through Tuesday)
Mon. April 13,
Baseball- Ventura Tournament at Ventura (through Wednesday)
Mon. April 20,
Golf- Conference Tournament at Riverside, 11 a.m.
Tues. April 21,
Softball vs. Chaffey, 3 p.m.
Wed. April 22,
Golf vs. SDMC, and Fullerton, 12:30 p.m.
Women's tennis at Marymount, 2 p.m.
Softball at Citrus, 3 p.m.
Thurs. April 23,
Swimming- Orange Empire Conference Championships at Saddleback (through Saturday).
Men's and Women's tennis- Ojai Tournament (through Sunday)
Track- at the Mt. San Antonio Relays, all day
Baseball vs. Saddleback, 2:30 p.m.
Fri. April 24,
Softball vs. Cypress, 3 p.m.
Sat. April 25,
Baseball vs. Citrus, 12 p.m.
Mon. April 27,
Golf- Conference Finals at Rainbow Canyon Country Club, 7 p.m.
Softball vs. Mt. San Antonio, 3 p.m.



TALKING SPORTS — Terry Bales give the Speaker's Forum audience an entertaining talk on sports coverage.

Michelle Dunklin/el Don

8 Sports

el Don - April 3, 1987

Sporting spotlight 1987 fight of the century

by Lynette Martinolich
el Don

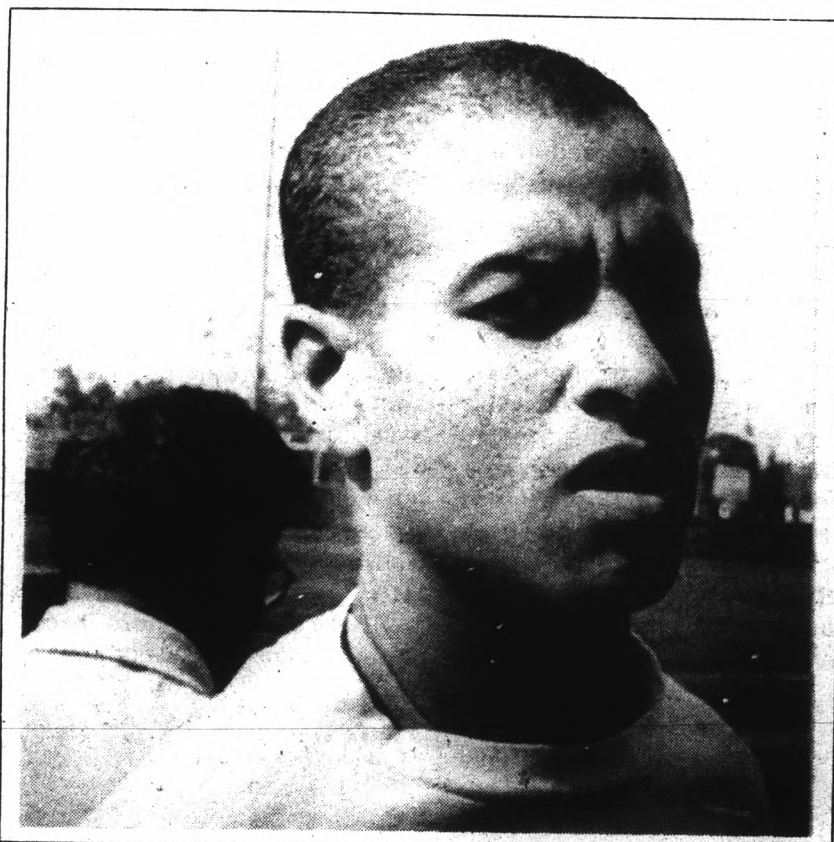
Sporting Spotlight would like to acknowledge two athletes this week who are great asset to the RSC athletic program.

Anchoring the men's 400 and 1600 relay team, sophomore Cleveland Adams contributes tremendous talent to the successful men's track team.

A graduate from Anaheim High School, Adams also participates in the 100 and 200 meter events, finishing his last meet with a time of :10.6 and :21.6 in the sprint races, against Orange Coast.

"He's a very dedicated and disciplined person," said coach Al Siddons.

Keeping in shape between meets, Adams enjoys jogging on weekends. "He gives 100 percent at practice and 150 percent in meets," Siddons said.



Cleveland Adams

Drue Holthe/el Don

Ending last year with a .308 average, Christy Alvarez ranks among the top ten in numerous offensive categories, such as hits and stolen bases, in RSC's softball record book.

In 1986, Alvarez had six stolen bases, four triples and 32 hits. Her excellent talent brought her the Southern California Regional Tournament MVP and was selected to the All-Tournament team in the state playoffs.

Playing outfield for the lady Dons, Alvarez possesses a strong arm and has great running speed.

Alvarez attended Fountain Valley High School and plans on majoring in physical education.

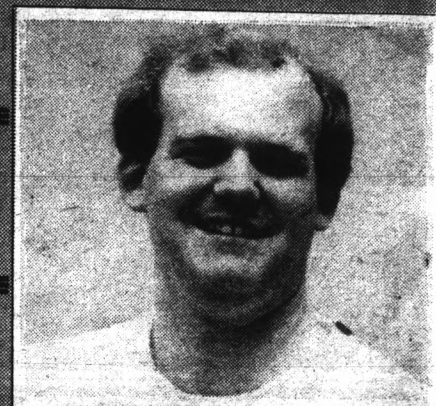
With more improvement, according to coach Jim Reach, Alvarez has the talent to become one of the best outfielders in the state.



Christy Alvarez

Michelle Dunklin/el Don

Ron D'Avis



by Ron D'Avis
el Don

Hello, sports fans! We're here live in Las Vegas for the 1987 Fight of the Century between Marvelous Marvin Hagler and Sugar Ray Leonard.

Boy, the excitement is tremendous here tonight. The crowd is packed with celebrities. There's Sean Penn who is also on tonight's card against some paparazzi. Over there is Don King. That's not a hardy Don, it's a hardy Don. Look over there, it's Brent Musburger in yet another entry from his seemingly endless Silly Hat Collection.

Let's take a look back at some of the events that happened on the Road to Las Vegas, shall we?

August 3- the big announcement is made. This year's Fight of the Century will take place on April 6th in Las Vegas. Boxing fans the world over have been waiting for this one for a long time.

August 5-Leonard tries to back out of the fight claiming he thought he had agreed to fight Marvelous Marvin Hamlich.

August 6-Confusion also abounds in the Hagler camp. Marvin thinks he is to box Sugar Ray Charles. Hagler cannot tell the difference until someone finally explains that Leonard is the one with one good eye.

September 27-It is announced that the Fight of the Century 1987 will be televised by HBO on a pay-per-view basis. Ray Leonard will be charged half price.

December 17-Muhammad Ali holds a press conference and gives the following views on the fight.

Hagler versus Leonard yes siree!
Biggest fight since Frazier and me.
The Fight of the Century on April six.

If I was in the ring, I'd show them some tricks.
I'd do the Ali shuffle and the Rope-A-Dope.
With my stinging right hand Leonard could not cope.
We'll have Leroy Nieman as well as Don King.
Why, oh why is Leonard even getting in the ring?

December 30- Leonard is still a little confused about his opponent's identity. After a particularly tough sparring round, he says "I'll whup that Marvelous Marvin-Gaye in four rounds!"

January 21-A line of Super Fight clothes hits the stores and set sales records in a number of states.

February 8-The Super Fight board game comes out, followed by the Super Fight mug, T-shirt, Car sun shade and coaster set.

February 20-The confusion in the Leonard camp finally ends when he realizes that he is not fighting Marvelous Lee Marvin. The only problem now is that he thinks he going to appear on the Sale of the Century. "I'll come on strong in the Bonus Round," he vows.

Well, somehow we made it through the hype. Everything is set; let's get on with the fight!

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A ROSE, BY ANY OTHER NAME- Join Ron D'Amico, el Don's award winning columnist, as he takes a bizzare look at college nicknames and their true meaning. See page 8.

A LITTLE HOTEL ON THE SIDE- RSC's Theater Department presents an enjoyable play about the trials and tribulations of people who live in an unusual hotel. See page 6.

Rancho Santiago College
el Don



STRESS

**Does it have you up
against the wall?**

How can you cope with it?

see pages 2/3

Rancho Santiago College
Student and Campus Lifestyle

SPRING BREAK: There will be no school at RSC from April 13 to 15 due to spring break. el Don will not be publishing again until May 1. Have a great time, but be careful. We don't want another Palm Springs incident.

LOOKING FOR A SUMMER JOB? Hughes Aircraft in Newport Beach will be on the Santa Ana campus today interviewing for full and part time jobs for the summer. Students who are interested should call the Job Placement Office to arrange for an appointment, which will be scheduled every half hour. For more information call (714) 667-3054.

MAKING THE GRADE: Good study skills are the key to good grades. A free workshop will be held on Saturday, April 11, from 10:30 a.m. to 1:30 p.m. at National University's Mission Viejo Learning Center at 27405 Puente Real, Mission Viejo.

SPEAKERS FORUM: On April 22, the Speaker's Forum will be presenting a talk on how to go about buying a computer in room C-104 at noon. Admission is free.

GETTING STARTED ON A CAREER: Job Placement's Annual Career Day will be held on the Santa Ana campus on May 13 from 9:30 a.m. to 12:30 p.m. For more information call (714) 667-3052.

A LITTLE HOTEL ON THE SIDE: There's still time to catch the Theater Department's "A Little Hotel on the Side." Tonight and tomorrow, the curtain goes up at 8 p.m. Sunday at 2:30 p.m. Admission is \$4 for students, senior citizens, RSC staff and children under 12. All others must pay \$4.

BIKING FOR LIFE AND BREATH: The American Lung Association will be holding its sixth annual Bike Trek for Life and Breath on May 1 to 3 and May 15 to 17. Those interested in these three day trips around Southern California should call (714) 636-5444.

Behind The Scenes

NAME: Charlene Swan
OCCUPATION: Tutor in the RSC Learning Center.
FAMILY: Husband Jack, three children, six grandchildren.

This vivacious blonde, once a Marine control tower operator, is high on RSC and says so! "When I come here at seven in the morning on a beautiful day, I know that there is no place in the world I'd rather be," she says.

Swan tutors students in psychology for Dr. Price and in political science for Dr. Teigen. She spends approximately four hours per day, five days a week in this effort.

"Encouragement is a very important element in tutoring. Students need to know that somebody cares," she says.

Presenting test reviews, helping students with term papers and conducting informal library tours are all part of

Swan's job, which she "just loves."

"We are one big family here in the Learning Center. Everyone is so caring and helpful," she says.

While holding a degree in Liberal Arts earned at RSC, Swan is currently enrolled in two science classes and two science labs here on campus. She plans to transfer to UC Riverside to complete work on a BA.

Long-term goals include the possibility of teaching political science or psychology.

A future move to Rancho California will not jeopardize her tutorial help, according to Swan. She will travel to RSC to tutor one or two days a week.



"There is no place I'd rather be."

— Charlene Swan

Addressing stress

by Julia van Tiem
 el Don

If you experience frequent headaches, feel tired even after a full night's sleep, are often on the brink of tears or ready to pick a fight with the next unlucky person who crosses your path, then you may be reacting negatively to stress, says RSC counselor Gloria Davenport.

According to Davenport, who conducts a number of stress management workshops at RSC during the year, many people respond to stress by internalizing feelings.

"Early man's response to stress was fight or flight," Davenport said. "Either you ran away from the problem or you reacted with physical violence. Today we seldom have the privilege or responsible opportunity to attack or flee."

"Instead, we often 'stew in our own juices,' which leads to chemical and hormonal changes that cause physical discomfort such as headaches."

What is stress? It is a term coined by Dr. Hans Selye 30 years ago to mean a non-specific response to any demand placed on the body.

"A few years ago, I heard Dr. Selye say he wished he had never used the word stress," Davenport said. "Because most people today think of stress as negative, he would have preferred the word strain."

Davenport says that stress is actually a neutral word, neither good nor bad.

"It motivates us to some type of action," Davenport said. "It is our perception of stress that causes problems."

Perceptions are determined by many things such as heredity, culture, needs, desires and conditioning. Individual styles of response are learned and habitual.

"You have a choice in your reaction to stress and that reaction can be either creative and productive or destructive," said Davenport.

For example, the life of a college student is filled with frantic schedules, long lines and deadlines. If these frustrations are viewed as some unfair personal curse or something inflicted on them alone, there will be a negative effect on the body.

If the perception is altered so that the delays and hectic routine are instead seen as the dues all college students must pay or even as a challenge to personal skills, the result is a positive one.

"If you can't eliminate the irritation, change the perception of it," says Davenport. "It makes for a more pleasant day and smoothes the school and home environment."

Changing of perceptions is only the first step in alleviating stress and the process is not magical. Attitudes are forged over a period of time; changing them takes time as well.

see Stewing page 3

WHEN IN SOUTHERN CALIFORNIA VISIT **UNIVERSAL STUDIOS TOUR**
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